
Town of Fort Myers Beach

Parks and Recreation Department



May & June 2016 Newsletter





The Town of Fort Myers Beach

Parks and Recreation Department

Meet the Staff

Bay Oaks Recreational Campus: (239) 765-4222

Beach Pool: (239) 463-5759

Recreation Coordinator: Sarah Mayher
Recreation Coordinator: Adam Leicht
Recreation Coordinator: Danielle Froystad

All Parks and Recreation Staff is CDC Concussion Safety , CPR, AED, and Emergency Management Certified

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Bay Oaks Closures

Monday May 30th– Memorial Day

Bay Oaks Recreational Campus Advisory Board (BORCAB)

Members: Betty Simpson (chair)
Rae Sprole (vice-chair)
Becky Bodnar
Tom Myers
David Anderson
Janna Holmes
Denise Monahan

Town Council Liaison: Council Member Tracey Gore

Upcoming Meetings: May 5th.
June 2nd.



BAY OAKS
RECREATIONAL CAMPUS



Teen & Youth Programs



Summer Camp 2016

Bay Oaks Traditional Summer Camp is an 8 week day camp where campers participate in weekly field trips. Additional activities include swimming, arts and crafts, sports and a variety of other recreational programs. Summer Camp is open to children ages 6 through 13 (on or before Sept 1st). Camp runs Monday through Friday from 7:30a.m. to 6 p.m. (no camp on July 4th) For more information, call the Recreation Department at (239) 765-4222. Registration can be found online at www.BayOaksRec.org.

Week 1: June 13–June 17

Week 2: June 20–June 24

Week 3: June 27-July 1

Week 4: July 5-July 8

Week 5: July 11–July 15

Week 6: July 18-July 22

Week 7: July 25-July 29

Week 8: Aug 1st-Aug 5th

Fee: \$75/Members. \$100/Non-Members.
(\$20 discount for all 8 weeks paid in full.)

Toddler Tuesdays

This is a drop in program that allows parents and their little's a chance to explore and play in a fun and safe environment. Play with supplied toys, bring your own, color, read or explore a new project.

When: May 3rd, June 7th.

Fee: Free/Member. \$4/Non-Member.

Club Rec

Fall Semester

August 10th - December 22nd

\$100/ Bay Oaks Member per semester.

\$135/Non-Member per semester.

Club Rec is open to all students grade K-5.

Club Rec operates on all days that school is in session and not a

Town of Fort Myers Beach holiday.

Sarah Mayher

Program Coordinator

239-765-4222

Sarah@FortMyersBeachfl.gov

www.BayOaksRec.org

Teen Programs



Teen Summer Camp

Too old for Bay Oaks Traditional Camp? Not to worry. Bay Oaks is now offering Teen Camp all summer long. Teens will enjoy many activities around the rec center and field trips every week. Enjoy kayaking, various beaches around the SWFL area, sports, video games, movies, music and much, much more. Spots are limited each week so sign up today!!!

June 13th - August 5th
Monday - Friday
7:30am - 6:00pm

Daily: \$20/Member. \$25/Non-Member

Weekly: \$50/Member. \$75/Non-Member

4 Weeks: \$175/Member. \$250/Non-Member

Full Summer (8 Weeks): \$325/Member. \$450/Non-Member

****Multi week packages must be paid in full by the campers first day of attendance.*

****4 week package is not required to be consecutive weeks but may be if chosen.*



Teen Fitness

If you're interested in getting in shape or staying in shape, join our 4 week Teen Fitness Program. Classes will be held every Tuesday and Thursday for 4 weeks (8 classes). Participant will receive small group training with their peers with staff direction. Learn proper weight lifting technique and tips to help maximize your wellness. Cardiovascular exercises will also be incorporated into each weeks lesson plan for a full body work out.

When: Tuesday & Thursday, 6:00pm - 7:30pm.
Beginning on June 14th.

Fee: 1 Session (4 weeks, 8 classes) - \$25/Members. \$30/Non-Members.

Adult Programs



Fitness Room

The Al Oerter Weight Room at Bay Oaks Recreation Center is the largest public workout facility on Fort Myers Beach. It offers all the exercise equipment you will need to achieve your fitness and wellness goals. The namesake Al Oerter is a four-time United States Olympic champion in the discus throw and was a Fort Myers Beach Resident who was very passionate and spent a lot of time at Bay Oaks before passing away in 2007.

The fitness room offers:

8 Piece machine weight circuit– *Chest Press, Shoulder Press, Pec/Delt Fly, Abdominal Crunch, Lat/Tricep Pull-down, Bicep Curl, Leg Extension and Leg Curl.*

2 Treadmills

1 Recumbent Bike

1 Stair-Stepper

2 Ellipticals

Smith Machine

Free Weight dumbbells, bars and attachments

50 inch flat screen T.V.



Fee: Free/Member. \$4/Non-Member.

Fitness Room Hours:

Monday - Friday: 7:30am - 9:00pm

Saturday: 10:00am - 9:00pm

Sunday: Closed



Free Fitness Center Orientation

Just starting to learn how to workout? No problem! Bay Oaks offers a weight room orientation to all guests. In this class you will learn how to properly use each piece of equipment in the Fitness Center. The staff member leading the instruction will also give you tips and tricks on how to workout different parts of your body. Call (239) 765-4222 to set up an appointment.

Pre-registration is required.

Fee: Free/Member. \$4/Non-Member.

Adult Programs



No charge cards accepted for fitness classes, cash only.

Yoga

Come experience the relaxation and fitness benefits of Yoga at Bay Oaks. No experience necessary. Learn the postures and techniques in a fun and friendly environment. Mats and hand weights are provided if needed.

When: Tuesday & Thursday at 9:00am.

Fee: Single Class- \$10/Member. \$12/Non-Member.
10 Class Punch Card- \$90/Member. \$110/Non-Member.



Body Sculpt

A great full body workout set to music that incorporates both bodyweight movements and light dumbbells to improve strength and fitness. Exercises are modifiable so participants can work at the level best suited to them. Whether you are new to strength training, or looking to increase the intensity for a good burn, there is something for everyone. Compare yourself only to the person you were yesterday!

When: Tuesday & Thursday at 9:00am.
Monday & Wednesday at 9:00am Beginning 6/1.

Fee: Single Class- \$8/Member. \$10/Non-Member.
10 Class Punch Card- \$80/Member. \$100/Non-Member.

Personal Training

Are you looking for professional help while trying to achieve your fitness goals? Bay Oaks now offers certified personal trainers to help you along the way. Work one-on-one directly with a licensed fitness professional who will tailor sessions directly to your needs. Call or stop in today to find out more and schedule your sessions.

When: Based on Client Schedule

Fee: Single Session- \$35/Member. \$45/Non-Member
8 Session Pack- \$255/Member. \$325/Non-Member

Open Basketball

Enjoy some fun, friendly basketball on one of our open basketball nights! Come alone and join up with other players or bring a group of friends. Everyone is welcome!

When: Monday, Wednesday, Thursday & Friday
6:00pm-9:00pm
Saturday 1:00am - 9:00pm

Fee: Free/Member. \$4/Non-Member.

Open Volleyball

Bay Oaks offers open volleyball on Tuesday nights. Come and join us for a few games of friendly competition. All skill levels and abilities are welcome. There is no registration required.

When: Tuesday 6:00pm-9:00pm.

Fee: Free/Member. \$4/Non-Member.



Senior Programs



Pickleball

Pickleball is a tennis-like game that is played indoors with paddles. This low-impact sport is perfect for seniors. Come grab a paddle and check it out!

When in May: Monday, Wednesday, Friday
10:00am-1:00pm.

Saturday, 11:00-1:30pm

For June: Wednesday, 10am-1pm.

Saturday, 11:00am-1:30pm.

Fee: \$1/Member. \$5/Non-Member.

Monthly Potluck

Potluck is at **Chapel by the Sea.**

On **May 4th and June 1st**, let's plan to come together for a time of socializing and some of the best home cooking around! We'll provide the fried chicken, ***please*** bring your favorite side dish. The Town always provides all the place settings and drinks as well. Lunch will be served at **12:00**. On May 4th we will have guest speaker Elina Lozitskey from the Deaf and Hard of Hearing Center present to us ***Free Amplified Phones*** to any that need them

Fee: Free/Member. \$4/Non-Member.

Mahjong

Come to Bay Oaks for some Mahjong! The game is played with 4 people and a set of 144 tiles based on Chinese characters and symbols. A volunteer will be there to teach the game to newcomers.

When: Every Friday, 1pm-4pm.

Fee: Free/Member. \$4/Non-Member.



BOCCE

Join us every Tuesday as we prepare your courts and a cup of coffee for you on the Bay Oaks baseball field. The BEST grass surface for BOCCE on the island. This is a "drop-in" activity and requires no pre-registration.

When: Tuesday, 9:00am-12:00pm.

Fee: Free.

Dominos and Activities Day

Make sure to stop by Bay Oaks during the week to join in a game of Dominos or participate in our Activities Day program. Snacks and refreshments will be available.

When: **Dominos**: Mondays & Thursdays
at 12:00pm .

Activities Day: Tuesday at 10:00am.

Fee: Free/Members. \$4/Non-Members.

Senior Programs

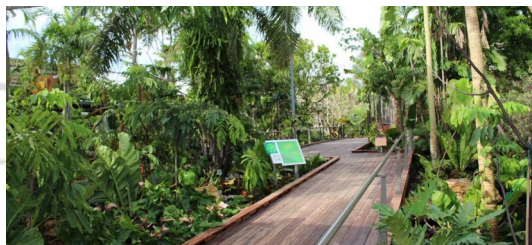


Walking Trips

Naples Botanical Gardens: The Water Garden is located in the heart of the Garden, A landscape reminiscent of Claude Monet's water lily pool, the garden showcases colorful blooms from around the world, varying throughout the season. The Children's Garden is a playful and interactive world of vibrant flowers, bountiful vegetables, colorful butterflies, and native landscapes created for the child in all of us. We will stop for lunch afterwards

When: Monday, May 16th at 9:30.

Fee: \$25/Member. \$30/Non-Member.



Matlache Walk, Shop and Dine

Come along as we visit Matlache— The adorable little town of cute shops, and fun treats! Let us do the driving and then feel free to roam as you wish. We will allow 3 hours for sight seeing, shopping and dining.

When: Thursday, June 9th at 9:30.

Fee: \$6/Member. \$10/No-Member.



Kayaking Trips

Kayaking is always a great time and very affordable at the Bay Oaks Rec Center. For every trip, be sure to bring sunscreen, water and pack a lunch (or at least a snack). Inexperienced at kayaking? No problem. All of our kayaks are tandem and we will match you with an experienced paddler.

Trip: Tarpon Bay, Sanibel
Tuesday, May 3rd.

Mound Key (Experienced Kayakers only)
Tuesday, June 14th .

Van will leave at 9:30am for these trips

Fee: \$25/Members. \$30/Non-Members.

New! Camera Club!

Join us at Bay Oaks Rec Center to learn how to take great pictures with your camera.

Our first Meeting we will discuss tips and tricks of the trade led by a professional photographer. The 'Subject of the Month' for May is 'Flowers— Up close and Personal'. So be sure to join the BOSS field trip to Naples Botanical Gardens on The 16th to get some great shots!

On the 30th of May there will be a competition for 'Best Picture of the Month'. The winner will receive a framed print that will be displayed here at Bay Oaks Rec Center!

When: Monday May 2nd at 2:00 pm
and Monday May 30th at 2:00 pm.

Fee: \$10/Member. \$12 /Non-Member.

Senior Programs



BOSS Social

Play **Social Bridge** at Chapel by the Sea every Monday and Thursday from 12:30pm-3:30pm

Fee: \$2/Members. \$4/Non-Members.

Bowling!

Bowland Beacon is located in Naples, and has 24 Lanes and a 8 lane Boutique Bowl area.

It is a smoke free environment with an all day restaurant (Nemo's Sports Bar) serving breakfast, lunch and dinner. Nemo's also has a full range of snacks from hotdogs to pizza and a Full service bar. The bar has large screen HD TV's covering all the major games.

When: Tuesday, May 10th at 10:00am.

Fee:\$20/Member. \$25/Non-Member.

SWFL Museum of History

The Southwest Florida Museum of History is housed in the former Atlantic Coastline Railroad depot. Paleo Indians, the Calusa, the Seminoles, Spanish explorers, and early settlers are just a few of the people you will meet as you view our exhibits. An authentic replica of a pioneer "cracker" house, a 1926 La France fire pumper, and a 1929 private Pullman rail car are also part of the tour. In addition, the museum also houses an extensive artifacts collection detailing early civilization, the Fort, the first settlers, the cattlemen, turn of the century, the military and agriculture, boating and fishing industries in Fort Myers.

When: Thursday, May 26th at 9:30.

Fee: \$20/Member. \$25/Non-Member.

Broadway Palms Dinner Theatre Menopause The Musical

Four women at a lingerie sale have nothing in common except a black lace bra...AND memory loss, hot flashes, night sweats, not enough sex, too much sex and more. The Hilarious Celebration of Women and The Change® is set to classic tunes from the 60's, 70's and 80's that will have you laughing and dancing in the aisles.

Deadline: June 15th

Minimum of 10 Sign-ups required

When: Wednesday, June 22nd at 11:15.

Fee:\$65/Member. \$67/Non-Member.

New! Cooking Class

Join us at Bay Oaks Rec Center to learn how to put together quick and easy dishes. We will start this new series off with **No Bake Desserts**. Learn about these delicious treats and how different they can be. Make your own however you like with an experienced chef instructing and guiding you. There will be a friendly competition on June 20th where winner will receive a \$25 **Norman Love gift certificate!**

When: Monday, June 6th at 2:00pm and Monday, June 20 at 2:00 pm.

Fee: \$10/Member. \$12/Non-Member.

Out to Lunch Bunch

Come Join us for lunch and socializing at some of the areas highest rated spots!

Van will leave at 11:15am

When: Wednesday, May 25th— Lighthouse
Sanibel

Wednesday June 29th— Mastello Ristorante
Fort Myers

Fee: \$2/Member. \$3/Non-Member.

Beach Pool



Pool Passes and Memberships

Come and enjoy Fort Myers Beach's only community pool for the day. Spend time going down the waterslide, playing on our Obstacle Course, playing pool basketball, or just swimming around our wonderful lap pool. We also have a kiddie pool for our younger guest. There is something for everyone.

Individual Pool Memberships

Adult Day Pass: \$4/Member. \$5/Non-Member
Child Day Pass: \$2/Member. \$3/Non-Member
Annual Pass: \$50/Member. \$75/Non-Member
Seasonal Pass: \$30/Member. \$40/Non-Member

Family Pool Memberships

Annual Pass: \$100/Member. \$125/Non-Member
Seasonal Pass: \$55/Member. \$65/Non-Member

Aqua Jogging

Aqua Jogging is a dynamic exercise that utilizes the pool for more resistance and a harder workout. It is a nonstop full body workout that transitions between jogging and stationed exercise focusing on different muscle groups.

When: Saturday. 9:00am-10:00am.

Fee: \$4/Member. \$5/Non-Member.

Pool Hours May

Sunday: 12:00pm-6:00pm
Monday: 10:00am-6:00pm
Tuesday: Closed
Wednesday: 10:00am-6:00pm
Thursday: Closed
Friday: 10:00am-6:00pm
Saturday: 10:00am-6:00pm

Pool clears at 5:45pm

Pool Hours June

Sunday: 12:00pm-6:00pm
Monday: 10:00am-6:00pm
Tuesday: 10:00am-6:00pm
Wednesday: 10:00am-6:00pm
Thursday: 10:00am-6:00pm
Friday: 10:00am-6:00pm
Saturday: 10:00am-6:00pm

Pool clears at 5:45pm



Water Aerobics

Water Aerobics consists of large rhythmic movements, performed in water to increase heart rate and improve cardiovascular fitness. The resistance of water adds toning and strengthening to major muscle groups, while the water decreases impact to the joints. There is bouncing and jumping in the class.

When: Monday, Wednesday and Friday.
9:00am-10:00am.

Fee: \$4/Member. \$5/Non-Member.
Punch Cards: \$40/Member. \$50/Non-Member.



Swim Club

Swim Club is back at the FMB Pool for kids that might be interested in swimming at the next level. From the Freestyle stroke to the hard but effective Butterfly stroke, you will be a swimming machine by the time you are done here. Just remember to bring Goggles and a towel.

When: Saturdays. 10:00am-11:00am.

Fee: \$20/school semester.

100 Mile Club

New to the Beach Pool is the 100 mile club. This club is for Member Lap Swimmers. Each time you come to the pool we will record your total distance and keep track of it throughout the year. At the end of the year if you reached a total distance of 100 miles you will receive a t-shirt and your name and picture on the 100 Mile Board. There will be monthly postings and updates on everyone's total distance.

Fee: Free for Pool Members.

Beach Pool



American Red Cross Swim Lessons ***Fort Myers Beach Community Pool***

Session	Days of Week	Session Dates
Session One	Saturday	May 7th– June 11th
Session Two	Saturday	June 25th– July 30th
Session Three	Saturday	August 13th– September 17th
Session One	Monday– Thursday	June 13th– June 23rd
Session Two	Monday– Thursday	July 4th– July 14th
Session Three	Monday– Thursday	July 25th– August 4th
Level	Times	Fees
Parent-Child/Preschool Level 1	8:00am-8:40am	\$20.00 per child
Preschool Level 2/ Learn to Swim Level 1	8:40am-9:20am	\$20.00 per child
Learn to Swim Level 2-3	9:20am-10:00am	\$20.00 per child

Weekday Classes consist of eight 30 minute classes.

Weekday classes are group classes with no more than 6 kids in each level. This is a good way for your child to learn how to swim in a group setting.

Private Swim Lessons: This is a good way to get your child one on one time with one of our swim instructors. Consist of 8 sessions that are 30 minutes long for a total of 4 hours. Cost is \$40 per child. To reserve a day and time just call 239-463-5759 or come in and register.

Fort Myers Beach Community Pool

2600 Oak Street
Fort Myers Beach, FL 33931
(239) 463-5759

www.fortmyersbeachfl.gov

Please Contact the Pool for Registration details.

May & June 2016

Bay Oaks Hours of Operation

Sunday: Closed

Monday: 7:30am-9pm

Tuesday: 7:30am-9pm

Wednesday: 7:30am-9pm

Thursday: 7:30am-9pm

Friday: 7:30am-9pm

Saturday: 10am-9pm

Beach Pool Hours of Operation

Sunday: 12pm-6pm

Monday: 10am-6pm

Tuesday: Closed

Wednesday: 10am-6pm

Thursday: Closed

Friday: 10am-6pm

Saturday: 10am-6pm

*Starting June 1st the Pool will be open Tuesday & Thursday.

www.BayOaksRec.org

Town of Fort Myers Beach
2523 Estero Blvd.

Fort Myers Beach, FL 33931
239-765-0202

Fort Myers Beach Community Pool
2600 Oak St.

Fort Myers Beach, FL 33931
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Bay Oaks Recreation Center
2731 Oaks St.

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